








# SELF-DIRECTED VESTIBULAR REHABILITATION PROGRAM

## PATIENT INSTRUCTIONS

### DO ...

-  Plan to spend about 20-30 minutes for each session and allow for a rest period afterwards.
-  Arrange your schedule so you can do your protocols in a safe, comfortable, and relaxed environment.
-  Invite a family member or friend, if available, to act as a coach.
-  Try to perform the standing protocols in stocking feet or wear comfortable shoes without heels.

### DON'T ...

-  Do not rush your session. If you are late for work, dinner, shopping, or something important, simply skip your protocols and do them later.
-  Do not perform the protocols more strenuously or vigorously than you have been shown by your clinician.
-  Do not feel you must do your protocols on days when other medical conditions, e.g., bad cold or headache have you feeling ill.

### REMEMBER ...

It is normal for some of the protocols to provoke or cause the very feelings you have been trying to avoid. Try to increase your daily activities as your symptoms decrease.

### PLEASE BE SURE ...

Call your clinician immediately if you develop new or different symptoms other than those you normally experience.

---

Clinician

---

Telephone